

# Norman Park Center

**May/June 08**

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## Camp Scripps for Seniors

**Tuesday, May 27th**

**9:30am - 12:30pm**

Join us for an inside view to healthcare. The Scripps Chula Vista Hospital staff will be taking us on a special tour through the Emergency room, Radiology, Cath Lab, Pathology and Physical Therapy. Participating seniors will receive a T-shirt and lunch. Space is limited and registration is required. Please call (619)691-5086 or register at the Norman Park office.

## Older Americans Month Lunch

**And**

## Sound Unlimited Performance

**Thursday, May 29th**

**1:00 pm**

The Norman Park Senior Center is celebrating Older Americans Month with a lunch and a performance by "Sound Unlimited", a show choir from Bonita Vista High School. A big thank you to our sponsors for this event: the Chula Vista Commission On Aging, Monarch Villa Bonita and Attentive Home Care.

The cost is \$1.00. Please purchase your ticket early for this popular event.

## Estate Planning

**Thursday, June 12th**

**10:00am - 11:00am**

The Norman Park Senior Center and the Society for financial Awareness are presenting an educational seminar on Estate Planning. Become "Fiscally Fit" and learn about:

- Wills and trusts and how to protect assets
- How to avoid probate
- How proper planning affects both you and your heirs
- How proper titling of your home can avoid a costly tax to your kids/heirs.

Guest speaker will be Teddy McNamara, Attorney at Law.



# Special Notices



*Directions & Connections for  
People Over 50*  
Visit Life Options Annex at  
Norman Park Center

Call (619) 691-5086  
For an appointment

A place to find information and  
opportunities for those over 50  
looking for an active and  
rewarding retirement.

- Education & Learning
- Civic Engagement
- Health & Fitness
- Recreation



## Longevity Stick

Tuesday 9:00am  
Norman Park Center  
Saturday 8:00am  
J Street Marina

This free class will help you stretch  
and add to your flexibility. Great  
for all ages.

## Center Closures

**Monday, May 26th**  
(Memorial Day)

## Blood Pressure on Fridays

**New Time!**

**8:30am - 10:00am**



## Medicare and Elder Law

### Community Education Presentation

**Saturday, May 10th 10:30am - 12:30pm**

Come hear from experts about Medicare benefit programs and information  
on free services from Elder Law. Healthy refreshments will be served.  
This free program is at the Chula Vista Civic Library, 365 F St. Chula Vista.

## Senior Center Tour and Orientation

**Thursday, May 1st & June 5th 11:00 am**

Learn about all the activities and services available at Norman Park and  
enjoy a guided tour of our facility. Meet in the conference room next to the  
main office.

## Aligned and Pain Free: Joint Mobility Workshop

**May 16th 1:00 - 1:45 pm**

This free class will teach you techniques to improve your posture, reduce  
pain and feel young again! Registration required.  
Supported by a grant from Scripps Health and AHEC.

## Circuit Training

**Mondays & Wednesdays 9:15-10:30am**

This program works on strength and balance using a variety of the fitness  
center equipment. Students work at their own level and pace.

Semester cost through June 12: \$8.00 Residents \$10.00 Non-Resident  
Summer Session June 23rd through August 6th:  
\$7.00 Residents \$9.00 Non-residents

## Senior Pilates Program

**Mon. & Wed. 10:30- 11:30 am**  
**Mon. & Wed. 5:00- 6:00 pm**

Want to create a body that looks and feels ageless? Need to build strength  
an improve balance? Looking for ways to reduce or eliminate back and joint  
pain? Want to improve flexibility? Then pilates is for you! Receive a t-shirt  
with registration.

Cost: 4 weeks \$24.00 residents \$30.00 non-residents  
Supported by a grant from Scripps Health

## Classic Film Series

**Wed. May 7 1:00 pm** - It's Bogart & Bacall, Edward G. Robinson and  
Lionel Barrymore in this 1948 drama directed by John Huston.

**Wed. June 4 1:00 pm** - Join us for a Billy Wilder comedy in post World  
War II Berlin. This film stars Marlene Dietrich, John Lund and Jean  
Arthur.

# Special Notices

## **Meet the Pharmacist And Senior Resource Fair at Kimball Senior Center Wednesday, May 21st 10am - 1pm**

Do you have questions about your medications? Bring them in and let a local pharmacist review your prescriptions, over-the-counter medications and vitamins. The resource fair includes health screenings, an exhibitor area and a free lunch.

For registration call 1-877-926-8300

## **MEN'S GROUP & LUNCH Tuesday, May 13th 12:15 pm Tuesday, June 10th 12:15 pm**



The Men's Group in May & June. will discuss men's health and social issues. This group is led by Dr. Rosenblatt and 3rd year family Medicine Resident, Dan Johnson.

Lunch will be served. Please register for this monthly activity by calling 691-5086. The physician and lunch are provided through a grant from Scripps Health.

## **INTRO. TO COMPUTERS**

**Friday, May 2nd  
Friday, June 6th  
10-12:00pm**



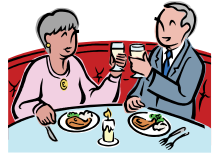
This preview provides a hands-on introduction to computers using the Windows operating system. Basic components of a computer, the Windows Systems and controlling a mouse will be discussed. Free!

Pre-registration is required. This class is designed for persons with NO computer skills/experience.



Receive the Newsletter at Home **By Mail:** \$7.00 per year.  
Please make your check out to the City of Chula Vista.

## **OUT 2 LUNCH BUNCH Wednesday, May 14th & June 11 1:15 pm**



This group emphasizes making new friends and socializing. Everyone pays for their own lunch. Join us on the 2nd Wednesday of each month. On May 14th, the group will have lunch at Miguel's Cocina. On June 11th, the group will be eating at The Broken Yolk.

Please call Shani at 691-5086 to register.

## **BILLIARDS TOURNAMENT 12:00 pm**

**Thursday, May 22nd**

**Thursday, June 26th**

The sign up sheet is in the Pool Room.



## **BALLROOM DANCE**

**Mondays 1:00 pm**

The ballroom dance class is looking for more members. This is your chance to keep up with "Dancing with the Stars"! Join this group on Mondays. The cost is \$3.00 for residents and \$3.75 for non-residents

## **Volunteer Meeting**

**Thursday, May 15th 10:00 am**

Volunteers, if you are a hostess or assist the Chula Vista Senior Club with special events, this meeting is for you. Please join us for the information, refreshments and sharing.

## **Hispanic Alzheimer's Awareness Event Wednesday, May 7th 10:00 am - 12:00pm**

**"Mantenga su Mente Saludable"**

The speaker will be Roberto Velasquez, Vice President of Programs for the Alzheimer's Association.



# Health & Safety

## Anna's Wellness Column

"If opportunity doesn't knock, build a door."

- Author Unknown

Last month I attended a disaster training class put on by the Pasadena Fire Department. The firefighters said that if a major disaster happens such as an earthquake or a fire, you should expect to be able to take care of yourself for at least 72 hours before police or firefighters may be able to respond. Here are some things they shared to help prepare for such an emergency:

Know where a local payphone is in case you need to use it.

Keep a rotary telephone (one that does not have an answering machine or that requires electricity). If the electricity is knocked out, your telephone will still work.

If you have a cell phone, list under the heading "Ice" the phone number of someone who knows your medical history. This is a universal system used by emergency personnel when they encounter someone who needs medical attention.

Keep an out-of-state emergency contact person that your family can call. All the local telephone lines may be tied up and this is someone everyone can call as a central contact person to let everyone know if they are okay and update them on the status of things.

Try to keep your automobile tank with as much gas as possible. Gasoline pumps run on electricity and will be unable to operate if the power is out.

Keep an emergency backpack or bag packed with things that you may need in case you have to evacuate right away. Some of the things you might include are: a change of clothing, easy-to-eat food items such as granola bars, water, toiletries, a whistle, a walkman or portable radio, spare batteries, something to read or cards to help pass the time, pet supplies such as a leash, food, and a toy, baby wipes, a lighter, a sheet, a towel, garbage bags, an umbrella, goggles, a flashlight, face masks, small bills such as ones and fives, an emergency blanket, and a first aid kit.

## Fitness Center

The Fitness Center is staffed with certified fitness trainers and has treadmills, elliptical cross trainers, bicycles, strength equipment, free weights, balls and bands. Trainers will instruct on how to use all equipment and will design personal training programs as part of your membership.

Membership and equipment orientation is required to use the fitness center.

- April, May, and June

\$28 Residents

\$56 Non-residents

- June only \$10

For Fitness Center hours and orientation times see page 12.

## Scripps Health Talks

**\*\*Supported by a grant from Scripps Health\*\***  
**Refreshments Served. Please Register in Advance.**

### "Stroke Education"

**Mon., May 12th 10:00 pm**

May is National Stroke Awareness month. Please join us for up to date information on stroke prevention, symptom recognition, treatment and recovery.

### "Allergy and Asthma"

**Mon., June 9th 10:00 am**

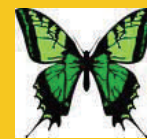
The topic of allergies has become routine for many people. Allergies can occur at any time during our lives. This talk will discuss symptoms and diagnosis of allergies, as well as, treatments and prevention and how allergies relate to asthma.







# Daily Events



Group	Day	Time	Group	Day	Time
Art-Watercolors	M	9:00 am	Exercise		
Bereavement	Th	1:00 pm	(Pilates)	M, W	10:30 am
(San Diego Hospice)					5:00 pm
Blood Pressure	F	8:30 am	Inquirers Group	T	10:00am
(Red Cross)			Quilting	Tu	1:30 pm
Bridge-Chicago	M, Tu, F	12:30 pm	Scrabble	M, W, F	12:30 pm
Bridge-Duplicate	W	12:30 pm	Shuffleboard	Tu & Th	9:00 am
Bridge-FarnumDup	M	6:00 pm	Singing Seniors	Tu	1:30 pm
Bridge- SanctDup	F (1st-3rd)	12:30 pm	Spanish	W, F	9:45 am
Casual Crafters	W	9:30 am	Spanish, Conv.	M,W,F	10:00 am
Computer and	W	1:00 pm	TOPS	F	12:00 pm
Camera Club			Ukulele Class	Tu	10:00 am
Computer Lab	W	12:00 pm	World Affairs	M	10:00 am
Computer Lab	F	10-12 pm	Yoga (Chair)	W	7:15 pm
Computer Lab	F	1:00 pm	Yoga	Th*	5:00 pm
Creative Writers	Tu	2:00 pm	Yoga	Th*	7:15 pm
Cribbage	W	10:00 am	Yoga	F	8:00 am
Dance-Ballroom	M	1:00 pm			
Dance-Line/Adv.	Tu	9:45 am	* No class the first Thurs of May & June		
Dance-Line/Beg.	Tu	10:45 am	* Yoga Thurs pm \$25.00 for spring session		
Dance (Tues. Night)	Tu	6:30 pm	* Summer session June 26th through July 31st		
Dance- Square	F (1st-3rd)	7:00 pm	Cost: \$10.00		
(Calico Twirlers)					
Exercise	M- Th	8:00 am	Line Dance	Tue	\$3/\$3.75 resident/non resident
Exercise	Tu	9:00 am	Night Dance	Tue	\$5 for all
(Longevity Stick)			Square Dance	Fri	\$5 for all
Exercise	Sa (Marina)	8:00 am	Strength Tr.	Wed	\$1/\$1.25
(Longevity Stick)			Ballroom Dance	Mon	\$3/\$3.75
Exercise	W	6:00 pm	Pilates	Mon, Wed	\$24/\$30
(Strength Training)					

## Classes Requiring Pre-registration

Name	Date	Day	Time	*Cost	Call to Register
AARP Driver Safety Program	May 16 & 21 June 18 & 20	W & F	12:30 pm	\$10.00	(619)641-7020

Computer Classes - See Page 9

Circuit Training- See Page 3

# MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
				<div>1</div> <div>11:00 Newcomers Conf Rm 12:00 CV Senior Club Potluck &amp; General Mtg. 7:00 Antiques &amp; Collectibles 7:00 Coin Club Rm. 9-10 7:00 SOBAR's Rm. 11</div>	<div>2</div> <div>10:00 Intro to Computers Sr. Net Lab 1:00 Movie Time Rm 9</div>	<div>3</div> <div>Fitness Center Open 8:30-11:00 am Every Saturday!</div>
<div>4</div> <div>Pilates Join Today! 10:30 am or 5:00 pm 6:00 Duplicate Bridge</div>	<div>5</div> <div></div>	<div>6</div> <div>6:30 CV Senior Club Dance</div>	<div>7</div> <div>10:00 Hispanic Alzheimer's Awareness Workshop 1:00 Classic Film Series</div>	<div>8</div> <div>12:00 Hobo Soup Lunch Rm 9,10</div>	<div>9</div> <div>10:00 Movie Time Rm 9</div>	<div>10</div> <div>10:30 am "Medicare and Elder Law" Workshop at Civic Library</div>
<div>11</div> <div>10:00 Health Chat "Stroke Education" Rm. 9 6:00 Duplicate Bridge</div>	<div>12</div> <div>8:30 RSVP Brunch 12:15 Men's Group Lunch Rm 7 6:30 CV Senior Club Dance</div>	<div>13</div> <div></div>	<div>14</div> <div>12:00 Club Amistad Rm 9-11 1:15 Out 2 Lunch Bunch 3:00 Commission On Aging</div>	<div>15</div> <div>8:30 Vision Support Group 10:00 Volunteer Mtg. Rm 7 11:45 Garden Club Rm 9-11 1:00 Mary's Bridge Rm 6</div>	<div>16</div> <div>12:30 AARP Driver Safety Program Rm 10 1:00 Mobility Workshop Fit Ctr</div>	<div>17</div> <div></div>
<div>18</div> <div></div>	<div>19</div> <div>6:00 Duplicate Bridge 7:00 Bahia Sur Kennel Club</div>	<div>20</div> <div>12:30 La Ronda Rm. 9, 10 1:30 Sing-a-long Fireplace 6:30 CV Senior Club Dance</div>	<div>21</div> <div>12:30 AARP Driver Safety Program Rm 10</div>	<div>22</div> <div>12:00 Billiards Tournament Game Room</div>	<div>23</div> <div>No Yoga today! 11:45 Duplicate Bridge Rm 7, 8 12:00 Club Amistad Board Rm 9, 10 1:00 Investment Club Conf. Rm</div>	<div>24</div> <div></div>
<div>25</div> <div></div>	<div>26</div> <div>Closed For Memorial Day</div>	<div>27</div> <div>6:30 CV Senior Club Dance 7:00 Flexible Volunteer Orientation Dance</div>	<div>28</div> <div>12:00 CV Art Guild Rm 9-11</div>	<div>29</div> <div>1:00 Older Americans Month Celebration Cornell Hall</div>	<div>30</div> <div></div>	

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# JUNE



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
	6:00 Duplicate Bridge	1:00 Dialysis Support Group Rm 9  6:30 CV Senior Club Dance	1:00 Classic Film Series Rm 11	11:00 Newcomers Conf Rm 12:00 CV Senior Club Potluck & General Mtg. 7:00 Antiques & Collectibles 7:00 Coin Club Rm. 9-10 7:00 SOBAR's Rm. 11	10:00 Intro to Computers Sr. Net Lab  1:00 Movie Time Rm 9	Fitness Center Open 8:30-11am Every Saturday!
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>No CV Adult School or South-western Yoga &amp; Exercise Classes June 9th - 20th</b>	10:00 Health Chat Rm 9 "Allergies & Asthma"  6:00 Duplicate Bridge	12:15 Men's Group Lunch Rm 7  6:30 CV Senior Club Dance	12:00 Club Amistad Rm 9-11 1:15 Out to Lunch Bunch 3:00 Commission On Aging	10:00 Estate Planning Seminar Rm 9	11:00 American/Korean Group Rm 9,10	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
	6:00 Duplicate Bridge  7:00 Bahia Sur Kennel Club	12:30 La Ronda Rm 10-11 1:30 Sing-a-Long Fireplace  6:30 CV Senior Club Dance	12:30 AARP Drivers Safety Program Rm 10	8:30 Vision Support Group 11:45 Garden Club Rm 9-11 1:00 Mary's Bridge Rm 6	12:30 AARP Drivers Safety Program Rm 10	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
	Exercise Classes Begin  6:00 Duplicate Bridge	6:30 CV Senior Club Dance  7:00 Flexible Volunteer Orientation	12:00 CV Art Guild Rm 9-11	12:00 Billiards Tournament  1:00 CV Senior Club Birthday Party	12:00 Club Amistad Board Mtg. Rm 9  1:00 Investment Club	
<b>29</b>	<b>30</b>					
	6:00 Duplicate Bridge					



# Around Town Classes



## **Salt Creek Rec. Center**

2710 Otay Lakes Rd. 585-5739

**Table Tennis** Wed 1:30 pm - 3:00 pm  
Call For Details

### **Fitness Room**

Mon-Sat 8am-9:45pm

Sun. 12-4:45pm

Fee: \$25 per quarter/residents.

### **Yoga**

Mon. Wed. 6:30-7:20 10 weeks

Fee: Call For Fee

## **Veterans Park Recreation Center**

785 E. Palomar 691-5260

Line, Ballroom, Salsa, Cha Cha, Merengue dancing, Yoga and Art classes

offered. Call center for days and fees.

### **Feeling Fit Exercise: Strength, Balance & Flexibility**

Tues./Thurs., 2:00 pm - 2:30 pm

Free.

Enjoy this fun class that's good for you too!



## **Parkway Family**

### **Aquatic Center**

385 Park Way 691-5088

### **Lap Swim**

M-F 6 to 8 am, 11 to 1 pm

Sat 10:30-12:00 pm

Call For Fees

## **Loma Verde Family**

### **Aquatics Center**

1420 Loma Ln. 691-5081

### **Lap Swim**

Mon, Wed, Fri 6:00 - 8:00 am

5:00 - 7:00 pm

Mon-Fri 11:00 - 1:00 pm

### **Water Aerobics**

Call for fees

M W F 11:00 - 12:00 pm Water-walking

12:00 - 1:00 pm Deep Water Aerobics

Masters Swim Program 6-7:15 am MWF

## **Town Center Manor**

### **Exercise:**

432 F Street

For more information call

Kim Burgess 585-7338

Tues. / Thurs. 1:00 - 2:00 pm

## **Villa Serena**

1231 Medical Ctr Dr. 934-8001

### **Cooking/Nutrition**

Tuesday 11:00 am

### **English as a Second Language**

M 1:00 pm

### **Computer Class**

Tuesdays 2pm

## **Kiku Gardens**

1260 3rd Avenue 422-4951

### **Abacus & Brain Development.**

Thurs. 2:00 pm

## **Heritage Comm. Ctr.**

1381 E. Palomar St. 421-7032

### **Aerobics**

Tu / Th 9-9:50 am Call for Fee

## **J St. Marina Park**

### **Tai Chi**

Saturday 9:00 - 10:30am



## Special Notice

### **Need Help Filling Out Your Homeowner or Renter's Rebate Form?**

Let our volunteers help you save money. If you qualify for a homeowners or rental rebate, appointments will be available to assist you in filling out the necessary forms from July 7th - October 3rd. Call Norman Park at (619)691-5086 to set up an appointment beginning June 16th.



# Volunteer/Job/Stipend Opportunities

## **Life Options: Everyone is a Winner!**

Have you recently retired or about to retire and want to become civically engaged? Have you always wanted to volunteer but were unsure of where to begin? Perhaps you aren't sure what skills you have to offer. Come speak with a Life Options Representative, we can help you discover your potential. We can provide information regarding opportunities that fit into almost any type of schedule and or ability. There is an organization out there that needs you! We also have resources for recreational, educational, health and fitness programs offered in the South Bay. Call (619) 691-5086 to make an appointment.

## **"SNAP" School Nutrition Advocacy Program**

Do you have a flair for nutrition or a desire to nurture or mold children? The students at various elementary schools in Chula Vista need your guidance. Come eat lunch with the children and encourage them to eat their fruits and vegetables. Time commitment is only 1- 1/2 hours per week. Call Heather Namora at 498-8042.

## **Community Resource Volunteer**

Norman Park is looking for volunteers to provide health information to seniors. The "Promotoras" or community resource volunteers will speak at the senior residences, mobile home parks and to senior social groups about important health issues. Promotoras will be trained by Scripps Health and Well Being Center staff and will receive a stipend for their work. Pick up an application in the Norman Park office.



## Computer Corner



### **SeniorNet Computer Classes**

**SeniorNet Membership:** \$40/yr (check required)

**Class Fee: ( all 4 week classes)**

\$22 (residents)      \$28 (non-resident)

### **Beginning Computer Classes**

Tuesday, May 6,13,20,27      9:00am-Noon

Monday, June 9,16,23,30      9:00am-Noon

Wednesday, July 2,9,16,23      9:00am-Noon

This series of courses starts with the basics.  
Materials are Based on Windows XP

### **Digital Photos and Stuff:**

Thursdays, May 1,8,15,22      1:00pm-4:00pm

Thursday, June 5,12,19,26      1:00pm-4:00pm

### **Advanced Internet/Email:**

Tuesday, May 6,13,20,27      1:00pm-4:00pm

### **Challenge Test**

Do you feel you know enough about computers to be able to test out of the beginning classes? If so, pick up a challenge test at The Norman Park office and go to the SeniorNet lab on one of the times listed below and take the challenge test.

#### **Lab Hours**

Wednesday 12 - 2 pm

Friday 10 - 12 pm & 1 - 3 pm

SeniorNet members may use the lab during hours listed.

#### **Private Instruction**

\$10 per session \$12.50 non-resident,

One on one instruction is available for Card Making, Internet, and Review of Basic Computer Skills. Ask in office for details.



**Class schedules are available at Norman Park Center.**



# Club News



## **Chula Vista Senior Citizens Club 2008 Officers**

President: Vera Wuestenberg  
1st Vice President:  
2nd Vice President:  
Secretary: Barbara Guerrero  
Treasurer: Rosemary Haas

## **We Need Your Help!**

The Chula Vista Senior Club needs your help! A Vice President is needed for it's board of officers. Please help the club and join the Board for 2008.

## **Board Meetings**

Friday, May 16th 9:30am  
Friday, June 20 9:30am

## **Birthday Party**

**Thursday, June 26th 1:00 pm**

Cake and Ice Cream will be served. May and June birthday folks are free, all others pay \$1.00

## **Oxford Senior Citizens Club Boys & Girls Club/Lauderbach Ctr. 333 Oxford St. Chula Vista**

### **Viejas Trip**

May 13th

\$11.00 for the first time, after that only \$3.00

Call Rebecca for trip details and to sign up.  
(619) 691-7755

## **Chula Vista Senior Citizens Club**

### **Potluck & General Meeting**

**Thursday, May 1st 12:00pm**

**Thursday, June 5th 12:00 pm**

Please join the Club for it's May and June Potlucks. Bring a dish to share with 6 to 8 people. A business meeting follows at 12:30.

## **Tuesday Night Dance**

**Tuesdays 6:30 pm**

Join this great group every Tuesday Night in May and June, for music and dancing!

**\*\*\$5 at the door\*\***

May 6th - "Cinco de Mayo"

May 13th - "Saints Day"

May 20th - "Armed Forces Day"

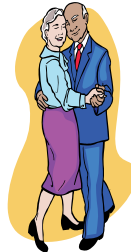
May 27th - "Formal Night"

June 3rd - "Stepparent's Week"

June 10th - "Judy Garland's Birthday"

June 17th - Full Strawberry"

June 24th - "Formal Night"



## **Hobo Soup**

**Thursday, May 8th 12:00pm**

The Club is cookin' up some yummy hobo soup lunch with dessert. Cost is one can of your favorite soup! Please bring your soup in by Wednesday, May 7th.

## **Movie Time!**

**Friday, May 2nd 1:00 pm**

This action movie and thriller won the 2008 Academy award for Best Picture, Best Director and Best Supporting Actor. It stars Tommy Lee Jones, Javier Bardem and Woody Harrelson.

Popcorn will be served!

**Friday, May 9th 10:00 am**

Based on Texas congressman Charlie Wilson's covert dealings in Afghanistan, where his efforts to assist rebels in their war with the Soviets have had long-reaching effects.

Snacks will be served!

# Special Notices

## Making a Difference Volunteer, Florence Cooper

Florence Cooper makes a difference every week at Norman Park. She is the Wednesday morning receptionist and has been for "years". If you receive a newsletter in the mail, this is her work, as well.

Born in Manchester, England, Florence came to the States in 1948 and still has her delightful accent. She's been married to Les Cooper for 65 happy years and has 4 children and 4 grandchildren.

Florence worked for the Municipal Courts for 20 years and has been volunteering at Norman Park since 1985. She loves volunteering because she enjoys talking with people and helping them. To keep her mind active, Florence also plays scrabble and works daily Crossword puzzles.



## Commission On Aging

The Commission on aging is looking to fill two vacant commissioner positions. The commission recommends and advises the City Council and City Manager on matters affecting the senior residents of Chula Vista. This commission provides a forum where senior citizens may voice their concerns and suggestions

This group meets on the 2nd Wednesday of the month at 3:00pm in the Norman Park Conference room. If you are interested in this position please contact the center at 691-5086.

## Count the Irish Hats Contest Winners!

The March/April Newsletter had 27 Irish Hats. Congratulations to the winners:

**David Casey**  
**Annmarie Nemcek**  
**Mary Peterson**

## Wear White at Night!!

### "Eureka!"

We've struck a vein in our Mining California Gold Campaign: Wear White at night!

Who hasn't driven at night only to be suddenly confronted by a nearly invisible pedestrian because they were wearing only DARK OR BLACK CLOTHING? Close call! Near miss!

Here is your chance to help make Chula Vista a little but safer! We need your ideas and presence so we can take our message to the City Council and the community, HMO's, auto insurers.

Sign up on our Hotline registry. E-mail us at: [goldminingcalifo@cox.net](mailto:goldminingcalifo@cox.net) We meet for 1hr the 2nd Wednesday of each month at 9:00am at Norman Center.

We would like to have the Mayor proclaim a Month as "Wear-white-at-night-month" with promotion follow-ups in the media. We would like to find sponsors who would be willing to furnish reflective arm bands, posters, backing. Any ideas?  
PLEASE JOIN US, YOU CAN MAKE A DIFFERENCE!

## Aging & Independence Services

### Aging Summit 2008

### "Lifelong Learning"

Thursday, June 26th 9:00am - 3:00pm

Town & Country Resort

Keynote Speaker: Buzz Aldrin

Topics will include retraining for work; learning for leisure and civic healthcare provider; and improving access to learning.

Reservations Required

Call 1-800-827-4277

## Count the Butterflies Contest

Count the Butterflies Contest

Name:

Phone:

Number of Irish Hats:



# Center Operations

## **Senior/ Human Services Supervisors**

Recreation Supervisor III      Kathy Wigginton

## **Senior/ Human Services Staff**

Lorraine Abril	Kristen Johnson
Michele Schlanbush	Frank Martinez
Jim Craig	Danette Myers
Shani Crawley	Yadira Sanchez
Millie Day	Anna Solis
Pedro Garcia	Christopher Taylor
Adolfo Herrera	

## **Phone Numbers**

Receptionist:	691-5086
Hostess Desk:	691-5023
Trip Office:	476-5356
Information & Referral	691-5087

## **New Hours of Operation**

270 F St. Chula Vista, Ca.      (619) 691-5086

M, T, W, F      8:00 am– 4:00 pm

Thursday      8:00 am– 9:30 pm

## **Fitness Center Hours**

Mon., Wed., Fri. 10:30 am - 2:00 pm

Tues., Thurs., 8:00 am - 11:30 am  
5:00 pm– 7:00 pm Mon-Thurs.

8:30 am– 11:00 am on Saturday

Free orientations Mon. - Fri. at 11:00 am, Mon-Thurs. at 5:30 pm, and Saturday at 9:30. Pre-registration for orientation is recommended.

As a recipient of federal funds, the City of Chula Vista cannot discriminate against anyone on the basis of race, color, sex, religion, national origin, age, mental or physical disability. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination, with either the City of Chula Vista Recreation Department or the Office of Equal Opportunity, U.S. Department of the Interior, Washington D.C. 20240.



Recreation Department  
Norman Park Senior Center  
270 "F" Street  
Chula Vista, CA 91910